

Start your Semester out right - Be Fit and Fight Fat

We have a

BodPod Body Composition Tracking System

at the HEAT Institute of West Chester University!!!

With the start of summer and promises to exercise, diet and lose weight, why not make sure you are actually changing your body composition (**losing the fat!**)

At a great price a **BodPod** complete body composition assessment is safe, comfortable, extremely accurate, and takes fewer than 10 minutes.

<u>In One Calendar year</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>
WCU Student	\$25	\$20	\$15
WCU Faculty/Staff/Alumni and spouse/partner	\$45	\$35	\$25
WCU Faculty/Staff in a wellness program	\$35	\$25	\$15
Community	\$65	\$45	\$25

To make an appointment please email Sandra Fowkes Godek PhD, ATC sfowkesgodek@wcupa.edu or call 610-436-2119

Group rates may apply.

